

# December **usgf** **NEWS**

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Official Publication of the United States Gymnastics Federation P.O. Box 4839 Tucson, Arizona 85717 U.S.A.

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# The United States Gymnastics Federation



wishes the  
Gymnasts of the World

Merry Christmas

AND

Happy New Year

Buen Natale

Buen Año

Frohe Weihnachten

Glückliches Neues Jahr

Feliz Navidad

Prosper Año Nuevo

Joyeux Noël



Frank Corbin & Frank Ross

# United States Gymnastics Federation

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## EDITORIAL: 1973



### Editorial:

The 1973 USGF Congress and the subsequent FIG Congress are now history. The FIG President's report is included in this issue of the USGF NEWS. The USA was represented by its first entries in the World's Championships in Modern Rhythmic Gymnastics, which was held in Rotterdam in conjunction with the FIG Congress. We did not field a complete team, but this was a great step towards that goal and is a personal tribute to Mrs. Mildred Prchal for years of dedication to develop this new part of the sport of gymnastics in the U.S.A.

As this edition of the USGF News is going to press we have gymnasts in Japan, and South Africa for annual events in those two nations. The international calendar, at least as it applies to the best gymnasts in the country, is becoming quite crowded. It is increasingly more difficult to schedule events both nationally and internationally, without conflicting with dates for some other event. We are just around the corner from 1974 and the World Championships, and then it will be only a matter of months until the Olympic Games in Montreal are close at hand. The selection methods and trial dates and sites, all must be firmed up and planning must move ahead quickly now, since we wish to select our teams and give them every opportunity for training and preparation as soon as practical.

The USGF Council meets while this edition is being printed and they will be concerned with total program and growth and development of the national office and the sport. President Gordon Chalmers will be going out of office after four years as an excellent President and friend of gymnastics. Gordon was an Olympic swimmer in 1932 and is a member of the USOC Board of Directors for the USGF, a position we hope to keep for him if he will retain it. The national office staff wishes to express our deep appreciation for his efforts during the past four years and wish him well.

Although gymnastics remains a relatively small sport, we certainly stand higher in the eyes of America than ever before. It is a tribute to the coaches, gymnasts, judges and others involved actively in the sport. If, and it remains a very big if, we can field a more improved team for men and women in Varna in October of 1974, we might well have turned the corner on the international scene and we will then witness an even greater period of growth than the past three years have shown. With a common goal and purpose, perhaps it can be accomplished, it is however, a most difficult road to travel. Best wishes to everyone for a Happy Holiday season. Happy 1974!

*Frank L. Bore*  
Frank L. Bore  
Executive Director USGF

# 1973 U.S.G.F. CONGRESS



Dr. George S. George,  
Old Dominion University  
Topic — "Comparative Analysis of  
Five Selected Vaulting Boards"

The highly successful 9th Annual USGF Coaches Congress was held November 2, 3, & 4, 1973 at the St. Louis Marriott Hotel in St. Louis, Missouri. There were over 250 preregistrants which swelled to 380 at the Banquet on Friday evening and to over 400 by Saturday morning General Assembly.

Friday started bright and early with a series of Women's Committee meetings which included:

9:00 a.m. - 12:00 p.m.

USGFWC Technical Committee

Chairman: J. Fie

(Regional Chairmen invited to attend)

9:00 a.m. - 12:00 p.m.

USGF-DCWS Modern Rhythmic

Gymnastics Committee

Chairman: S. Bryan

1:00 p.m. - 3:30 p.m.

USGF-DCWS Gymnastics

Certification Committee

Chairman: S. Bryan

3:45 p.m. - 5:15 p.m.

USGFWC RC, RTD, STD Workshop

Chairman: S. Bryan

5:30 p.m. - 8:30 p.m.

USGFWC Executive Committee

Chairman: S. Bryan

The Women's and Men's Olympic Committees had their first meeting of the new Committee. The meetings were very successful and Mrs. Shirley Bryan and Mr. William Meade were elected to chair their respective committees thru 1976. One of the most important decisions taken was the collaboration of the both committees in requesting funds from the Olympic Development Committee. Since tours and Championships abroad and at home involves both Men & Women this was a wise decision and the committees are to be congratulated.

On Friday at 7:00 p.m. the get together Cocktail party sponsored by Nissen and American Equipment Companies was held. 380 people wearing around like bees talking about gymnastics was a sight to behold. The hour sped by and on to the banquet. After a delicious meal, Frank Bae opened the festivities with a welcome to all and an introduction of the people at the head table. We were fortunate to have our President Mr. Gordon Chalmers and his wife present. President Chalmers is leaving in December after serving the

USGF with vigor and success for four years. Mr. Bud Palmer was the guest speaker and gave an interesting and humorous talk on his experiences in television. Mr. Jerry Todd presented the NSGA Area awards for judging and Mr. Cusack presented Jerry with the Western Award for judging and Jerry Todd was also inducted into the Judges Hall of Fame along with Mr. Fred Meyer.

Saturday morning dawned bright and early (possibly too early for some) with a breakfast provided by Walter Zwiesel at 8:00 a.m. and the General Assembly was convened at 9:00 a.m. Frank Bae gave the USGF Annual Report and the International report to the members. He spoke about the Brits in Congress concerning Sports, the Russian, Chinese, Hungarian, Rumanian and French Tours, the Directors Committee of FIG which he is a member of and many other items of interest to all. An excellent report of the World University Games was presented by Greta Timber, Kathy Shelby and Jim Howard. Mr. Howard showed films on the finals also. Excellent reports of the Olympic meetings of Friday were given by Mrs. Bryan and Mr. Meade. Mrs. Bryan also gave a report on the USGF Women's Committee. The morning ended with a report on Canadian activities by Cal Grand and Tom Kroman.

After lunch until after 10:00 p.m. as many as four meetings at a time were in progress, one of the finest meetings was the presentation by the USGF Biomechanical Task Force. The presentation was stimulating and Dr. Gerry George, the Director of the Task Force was roundly congratulated as were the other speakers. The speakers and subjects are listed.

1:00-3:00 p.m.

U.S.G.F. BIOMECHANICAL TASK  
FORCE PRESENTATION

Director Gerald George

1:00-1:15 p.m.

Dr. Gerald F. Calkin,

Eastern Kentucky University

Topic — "Mechanical Analysis of  
Huan Morico — What it can Tell  
Us"

1:15-1:30 p.m.

Mr. Kerry Kjeldsen,

University of Massachusetts

Topic — "Application of the  
Elevator Principles to Vaulting and  
Aerial Tumbling"

1:30-1:45 p.m.

1:45-2:00 p.m.

Dr. James Hay,

University of Iowa

Topic — "Biomechanics of  
Vaulting"

2:00-2:15 p.m.

Mr. Tom Ecker,

Cedar Rapids School System

Topic — "Rotational Concepts in  
Gymnastics"

2:15-2:30 p.m.

Dr. Patrick J. Bird,

University of Virginia

Topic — "Mechanics of Twisting in  
Gymnastics"

2:30-2:45 p.m.

Mr. George Hery,

Nissen Corporation

Topic — "Mechanical Analysis of  
Somersaulting, Twisting, and  
Somersaulting while Twisting"

2:45-3:00 p.m.

Dr. Arno Laczan,

University of British Columbia

Topic — "The Early vs. Late Drop  
Technique on Parallel Bars"

With over 400 people at the Congress, all meetings were well attended all afternoon, and in the evening 4 large meetings were in progress, Women's Roundtable discussion on Judging and Coaching Techniques, The Independent Gymnastic Clubs with President Graham Bartlett, (they now have 180 members) the National High School Gymnastics Coaches Association and after the USGF New Technical Committee meeting, the NSGA meeting. All in all a whirlwind of activity, with undoubtedly the most gymnastics interrelated business ever conducted in one day.

On Sunday morning three important meetings, The National Association of Collegiate Gymnastics coaches, the USGF Women Committee Business Meeting and the final meeting of the Independent clubs were conducted leading to the final General Assembly meeting. The most successful Congress then ended with the Congress scheduled for Denver next year which promises to be bigger and better.

**FIG CONGRESS**  
**Rotterdam, Holland**  
**November 1973**

**Summary of Decisions, Technical Regulations and Agenda**

Items pertaining to Women's Gymnastics as recorded during Technical Assembly for Women, General Assembly, and other meetings.

Submitted by: Mrs. Jackie Fie, USA Technical Delegate



Jackie Fie

**I. Nations present during TA for Women:**  
**29**

Australia	No	Luxembourg
West Germany	No	Norway
Austria	No	New Zealand
Brazil	No	Holland
Belgium	No	Poland
Bulgaria	No	Portugal
Canada	No	East Germany
Republic of Korea	No	Rumania
Cuba	No	Sweden
Denmark	No	Switzerland
Spain	No	Czechoslovakia
USA	No	Yugoslavia
South Africa	No	Turkey
Finland	No	Russia
France	No	Turkey
Great Britain	No	
Hungary	No	
Israel	No	
Italy	No	
Japan	No	

**II. European Championships - 1973**

A Organization was excellent in particular the welcome for participants, transport of all officials and contestants, immediate availability of scores for trainers, facilities, and hospitality.

B Technical level was lower than desirable, since Federations sent young gymnasts for reasons of experience. The TC recommends once more that each Federation send at least one gymnast of excellent value.

**C. Individual Events**

**1 Vault**

There were too many Yarnathitis and too few vaults with twisting. Hopefully new vaulting regulations will aid development of vaulting.

**2 Unseen Bars**

The difficulties were very good, but the execution was not, as indicated by too many falls. Generally speaking the technical level was not high.

**3. Balance Beam**

There were far too many falls (more than 20 out of 42 gymnasts) due to too many difficulties. The originality and the connections were not of a high level. The elegance and general impression were adversely affected as a result of too many difficulties and falls.

**4. Floor Exercise**

Generally speaking there was not enough high difficulty in twisting with only 1 double twisting movement exhibited. A lack of harmony between music and movement existed due to use of modern musical selections. The height of the leaps and jumps was insufficient and overall the floor exercise was at a low level.

**III. World Championships in Vienna 1974**

A At Madrid the FIG stated there would be no qualifications. The FIG sent a letter to all Federations asking that this decision is cancelled. The majority of Federations answered "No". The TC stated that the competition must be one at a World class level and not one of degrees.

B Bulgaria has stated it can not accept more than 24 teams for women and the TC wishes to accommodate the Bulgarian Federation.

C The TC recommends the following only for the World Championships in Bulgaria:

1. Sixteen best teams from Munich be automatically accepted.
2. For other 8 teams there must be competitions among themselves with one or several Federations taking part.
3. If there are to be 6 on a team, at least 3 members must attain an 8.50 average.

4. Individuals must also attain an 8.5 average.

5. The TC would select teams and groups of individuals based on qualification scores to equal 8 groups of 6 gymnasts.

B. At each qualification competition, the judges must be divided as follows:

1 Judge from TC-Head Judge

2 Neutral Judges

1 Judge from each country

7. If there are not 8 groups or teams above 8.50 average, then the TC may lower the score to 8.00.

D. The Technical Assembly accepted proposal by 18 11 vote.

"E. The General Assembly amended by vote of 25-1 that decision by accepting the following:

(Based on a philosophy that each FIG member Federation should be able to have one or a few competitors of quality)

"1. December 15 would be deadline for Bulgaria to answer whether it can assure visits to Israel and South Africa, the answer which might necessitate a new site for the World Games.

"2. A qualification score of 8.0 would be used as the criteria for qualification, so that there would be more opportunity for participation by Federations and yet maintenance of a quality competition.

**IV. Olympic Games- the IOC is the final authority in all matters of Olympic Games Competition.**

"A. The Committee of Directors has met on several occasions with the IOC and was told that all sports would be allowed only 12 full teams. Additionally the IOC will allow 4 groups of individuals (24) because of the special nature of this sport.

B. The Women's TA voted 11 for and 18 against the proposal.

C. The General Assembly supported the Committee of Directors with a 21 to 16 vote.

"D. The Committee of Directors with the IOC recommended that only the 3 best gymnasts from each country would be eligible to take part in the multiple (all around) competition number 2 and that only the 2 best from each country would be allowed in the final, competition number 3.

E. The Women's TA voted in support of the proposal 19:10.

F. The G.A. voted in favor of Committee of Directors proposal by 27:10.

#### IV. The New Beam

A. In London at European Championships the reserve gymnasts were given the opportunity to work on a "new" beam with "soft smooth leather like" covering.

B. The TC recommends that the "new" beam with "soft smooth leather like covering" be adopted for Varna 1974 for these reasons:

1. The majority of reserve gymnasts of Federations at London preferred this model over the previous experimental model covered by "carpet like" material.
2. It has been decided for a long time to use the "elastic" beam and the new design is only to use a beam with a "new" cover of smooth material instead of the carpet material.

C. After much discussion on behalf of these countries without the advantage of the experimental beam, the lack of specifications, and the shortness of time, a vote was taken. The vote was 21 against and 8 in favor of the "new" beam for 1974 World Championships.

"D. Therefore, the current wood beam with no cover or pad will be offered for World Championships in Varna 1974. New specifications are being written and will be available to the Federations by December 24, 1973.

"E. The wood beam without pad or cover will be the official beam specification for all international competitions until the European Championships for Women in Norway, fall of 1975.

#### V. Courses for Judges

A. The TC has prepared a Judging Guide for FIG Intercontinental, Continental, and National Judges Courses which should serve to educate the judges for the competitions.

B. It would be finished and available by the latest March 1974.

C. Permission for a National FIG course in the summer of 1974 was granted to USA under the direction of Mrs. Jackie Pe.

#### VI. New Technical Regulations for Varna 1974 Refer to Bulletin Fig. No. 3, 1973 September, pages 79-82.

##### A. Vault

1. All vault evaluations as appear on pages 79 and 80 will be followed.
2. Prescriptions for final competition in vault will apply as on page 80.
3. Change. Of the 12 vaults executed by each team, no more than 6 may be the same.

##### B. Uneven Bars

1. Regulations on pages 80-81 will be followed with these exceptions:
  - a. Dismount with push off from feet in erect stand, squat or straddle stand from LB or HB is not accepted and will be penalized by 0.4 point.
  - b. Dismount from sole circle with impetus from feet will be a medium difficulty with no penalty, provided that a vertical position is not achieved before push off.
  - c. A jump to handstand on HB from a squat or stand on the LB will be medium if followed by a  $\frac{1}{2}$  or more pirouette into another element, the combination will be superior.
  - d. All other movements remain as in present code, including LB handstands, as superior.

##### C. Balance Beam

All regulations on page 81 will be followed with the exception of the back salto which is as follows:

1. The responsibility for injury must be accepted by the Federation.
2. A stop before or after will be penalized by 0.2 each time.
3. The FIG TC feels this exercise is not characteristic of movements on the beam. Lack of amplitude and technical faults in execution will be penalized.
4. The TC proposes the question of this element be studied by the FIG International Sports Medicine Commission.

##### D. Floor Exercise

1. Regulations will be followed as on page 81 of Bulletin No. 3 and

page 45 of Bulletin No. 2.

E. New Scoring as an Article No. 7 FIG Code for Optional Exercise on Bars, Beam, and Floor.

1. The point breakdown of 5 for difficulty, 2 for originality and composition, 2 for execution and amplitude, and 1 for general impression will be followed.

2. All optional must exhibit 3 superior and 4 medium difficulties. Each exercise must, therefore, include at least 7 elements. A Superior may be substituted for 1 medium element. There will be difficulty penalties for lack of the minimum 7 elements 3 superior and 4 medium. For substitution of medium elements with superior elements each as 6 superiors and 1 medium or 7 superior and 3 medium, there will be no compositional penalties unless the corrections suffer as a result.

F. All other existing regulations remain as is.

#### VII. New Code of Points and Classification of Difficulties for 1975

A. After Varna near the end of 1974 a new code will be published to be effective in 1975.

B. The 10 point distribution for

optionals will be as follows:

- a. 4 points difficulty
- 3 Superior - 2.40
- 4 Medium - 1.60

Total 4.00

- 2.0 Originality & Composition
- 3.0 Amplitude & Execution
- 1.0 General Impression

#### VIII. New Compulsory Exercises for 1975 Olympic Games

A. The TC voted in favor of accepting the old compulsory format of set exercises for the Olympic Games.

B. The TC will compose these exercises and send them to the Federations in June 1974 for use in the Olympic Games. The film will be sent as soon as possible after the exercises.

#### IX. Miscellaneous Decisions on Proposals

A. In Varna, the horse will be set at 110 CM x 129 CM for experimental use by the Federations in order to investigate the possibility of raising the official height.

B. The Team Leader for women's competitions must be a woman.

C. The reserve gymnast may not replace an injured gymnast once the competition has begun.

D. Only 5 scores in each event will count for team score as in the past.

E. Eleven new brevets were conferred; none from USA.

**F. Cancellations:**

European Championships Men — Switzerland 1975

European Championships for Women — Norway 1975

Modern Rhythmic Gymnastic Championships — Spain 1976

Establishment of African Cup with same regulations as European Championships under supervision of WTC of FIG.

**X. Committee for Universal Gymnastic Terminology was established for English speaking countries of:**

South Africa Philippines

New Zealand Sweden

Australia Norway

England Denmark

Canada Finland

USA Israel

Chairman: Mrs Jackie Fit, USA

**Note:**

All aforementioned technical rules listed in Part VI will be effective for all USGF elite competitions during 1974 beginning with the January qualification meet. The USGF Junior and Senior National Championships will also apply these regulations.

1. The tuck back somersault on beams must be rapidly penalized for lack of amplitude, stop before and after, and landing position.

2. The 2 points for amplitude and execution will necessitate a slightly more lenient penalization of faults in these categories.



Frank Caminsky

**Meeting of the Technical Assembly for Men**

**November 12, 1973**

**Rotterdam, Holland — 8:45 A.M.**

**U.S. Technical Representative**

**Frank J. Caminsky**

1. The meeting was called to order by the President Mr. Ivankovich. He welcomed all the delegates and observed a moment of silence for the departed FIG members.

2. The roll call was then made and the voting card given to the representative of each country; there were 36 countries answering the roll call.

3. President Ivankovich next gave his report as published in the FIG Bulletin No. 3, 1973.

**Report of the President of the Men's Technical Committee (MTC)**

The mandate of the present MTC, the Committee constituted at the congress held on 22nd August 1972 in Munich, officially commenced on 1st January 1973, but the necessary powers were actually accorded at Stuttgart on 27th January 1973. On the occasion of this meeting, Mr. Karl-Heinz Zischke was elected secretary of the committee.

This report covers the period between the 51st Congress held in 1972 and the end of June 1973.

**a) 1972 Olympic Games in Munich**

The year 1972 was under the motto of the Olympic Games in Munich. After the 1968 Games in Mexico and the 1970 World Championships, we thought that the exclusion of artistic gymnastics had more or less attained its limit. But the Games in Munich continued to enhance international artistic gymnastics here made yet another enormous step forward. New elements and original connections appeared at all the apparatus. Moreover, original and very risky dismounts of transdimensional virtuosity were enthusiastically applauded by spectators, judges and technicians alike. However, in spite of these positive aspects, we still deplore a certain degree of monotony at some apparatus, above all on the rings, especially with regard to the start and the descent and, very pronouncedly, in the floor exercises. In Munich, we had a magnificent gymnasium with the most perfect apparatus and installations, as well as excellent organization with a computing office and a secretariat that was a model of efficiency.

The scoring during these Games was good throughout. There were absolutely no complaints.

In our opinion, the programme for the competitors was overloaded for the gymnasts. As an example, we recall that, in order to obtain a medal in the multiple competition, a gymnast was obligated to take part in competition No. 1 (12 parts) as well as in competition No. 2 (16 parts) that is a total of 16 parts! What is more, the finals might also have demanded up to 6 fresh participations (competition No. 3), that is to say, an overall total of 16-24 parts. These competitions made enormous physical and psychological demands on the individual gymnast. This question will have to be examined by both our Medical Commission and by our own MTC. Our thanks are due to all the responsible technicians, to the organizational committee and to the gymnastics federation of the German Federal Republic for their contribution to the success of this remarkable gymnastic manifestation.

**b) 1973 European Championships in Grenoble**

Grenoble, the large and attractive capital of the French Alps, organized these European Championships — the 10th individual men's gymnastic Championships, held on Saturday and Sunday, 12th and 13th May 1973. In the vast Sports Arena, we witnessed a truly magnificent technical spectacle that proved what tremendous progress artistic gymnasts have recently made in Europe. We also noted with pleasure that the distribution of the medals was much less foreseeable than has previously been the case. In effect, 7 of the 20 nations participating won medals.

The scoring was good throughout. Two complaints were lodged. The Jury of Appeal met and refused both complaints after having examined the points which they found to be absolutely within the framework of our regulations.

54 gymnasts from 20 European countries participated in these competitions. There was no serious accident during the competitions.

Apart from a lack of business in the organization of an event of this magnitude and certain delays, the competitions went off quite normally. The duty secretariat and the computing office, in particular, functioned very satisfactorily. We should like to take the opportunity of thanking the Organizational Committee and the French Gymnastics Federation for their valuable contribution to the success of this important European event.

#### c) Judges' Courses

The following courses were held during the period between September 1972 and end of June 1973:

1. At Beyrouth, from 5th-8th September 1972, for the federations in the Arab world.
2. In Algiers, from 25th-28th June 1973, for the federations of the

We are most grateful to the organisers of these courses, to the organising federations and also to those federations who despatched participants. All these people helped to support our efforts.

#### d) Trainers' course

Only one course was held, from 18th-24th June 1973, also in Algiers, for the federations of the Grand Maghreb (Algeria, Morocco, Tunisia). We should also like to thank everyone who contributed to the success of this course. By helping train trainers, they have helped to promote gymnastics in this part of Africa.

#### e) Prepagade tour in Brazil

This magnificent tour took place between 14th and 28th May 1973. The gymnasts numbered fourteen girls and sixteen boys. Demonstrations took place as follows:

Rio de Janeiro	2 demonstrations
Porto Alegre	2 demonstrations
Sao Paulo	2 demonstrations
Belo Horizonte	1 demonstration
Brasilia	1 demonstration

The technical success of this tour can only be described as outstanding. The gymnasts distinguished themselves through exemplary behaviour and discipline. In spite of the fatigue involved in the very long journeys, the performances were excellent and they harvested a spectacular success. This augurs well for the development of gymnastics in this part of Latin America as well as for the realisation of a project to hold a trainers' course in the country.

#### f) Meetings

During the 3 meetings it has held, the MTC has dealt with various technical problems, among which were work methods, various competitions, obligatory exercises, Code of Points, symposium for men judges, age of competitors, courses, technical regulations, standardisation of competition apparatus, etc.

At the meeting held in May 1973 in Grenoble, Mr. Andre Huguenin, Switzerland, was made available to us as an interpreter in the place of Mr. Pierre Hengge jun. who retired on the occasion of the Olympic Games in Munich.

Many problems are being studied and many projects are in the process of realisation and the Men's Technical Committee devotes its time and its energies to the development of artistic gymnastics.

In my capacity as president of the MTC, I should like to express my most sincere gratitude to my collaborators on the Committee, my satisfaction to the Women's Technical Committee about their collaboration and also my recognition to the FIG Executive Committee for its unfailing understanding and support.

A special "thank you" is addressed to the president, Mr. Arthur Gander, whose support and advice are always most valuable in all circumstances. Having reached the end of this, my first report, it is my special privilege to pay homage to our former president of the MTC whose exceptional merits and outstanding service to the FIG cannot be encompassed in a few brief words. His purely technical contribution was enormous, considering that he was behind all the important projects realised by the FIG during recent decades. President of the MTC for 8 years and private mentor behind technical matters for a long time before that, Mr. Gander's tremendous contribution on all fronts cannot possibly be itemised. But for all he has done he has our grateful thanks and we hope that his shining example will continue to guide us for a long time yet!

To President of the MTC/FIG:  
*Ivan Ivanovitch*

The Report was accepted as published. Mr. Zachowke, secretary of the Technical Committee, declared that there were 36 delegates present, 19 was an absolute majority and 25 was a 2/3rds majority for voting purposes.

4. The Minutes of the last meeting in Munich as published in the FIG Bulletin No. 1 were approved.

5.a. Olympic Games 1972. Reports indicated that the Games were conducted perfectly and the gymnasts performed well. The observation was made that it may be too strenuous for those gymnasts who after doing the team Compulsory and optional and then the optional again for the all-around and then the Finals. Some of the favored ones in the final failed and it was felt that the emotional strain and the physical may have been too much.

b. European Championships at Grenoble for Men. Belgium complained that in their case with

3 individuals, each gymnast was competing in a different event and the coach had to run around the floor spotting and coaching. Mr. Ivanovitch stated that this was an oddity caused by the draw.

c. Prepagade tour to Brazil. Mr. Lyle reported how well the tour was conducted with over 135,000 people seeing the gymnasts. Under a Mr. Ivanovitch stated some facts in his report. Mr. Fisher of Brazil expressed his thanks for the cooperation of all Federations for making the tour a success.

5. Mr. Ivanovitch in his report listed the judges' courses under c, further information disclosed that 15 passed at Beirut, 9 at Tcherni, 30 at Algiers and 14 in Israel. Any questions concerning Judges' Courses by the members should be referred to Mr. Ivanovitch and Coaches' courses to Mr. Lyle.

7. Judging Symposium in Madrid. Mr. Ivanovitch stated that Spain, Russia and the United States have given their contribution (which can be added to by December 31). Mr. Thorenson stated that we should have time for questions today but Mr. Ivanovitch said there would be no questions today as there was ample opportunity in Madrid for questions.

8. Coaches' Courses. In addition to the course mentioned in the Presidents report, 6, There were courses in July in Spain, and there will be courses in Austria, December, and in Brasilia and in Spain in 1974.

#### 9. World Games 1974.

- a. On page 78 under h, change the opening ceremony date to Sunday October 20 and advance by one day each of the following dates, (FIG Bulletin No. 28)
- b. Qualification

There followed a lengthy discussion of at least 2 hours and more. Mr. Ivanovitch asked "What do we want to achieve, a show of the World Champions or just anybody?" The Technical committee had taken the stand that there should be qualifications as in Munich and that this could be the method. The 16 teams who scored 510 points in Munich would automatically qualify for the World Games and since Bulgaria says that they can only accept 24 teams that would leave an additional 6 teams or groups to be added. Therefore the team could be, performance level, set at B 6 for the remaining instead of qualification.





DR. IVAN IVANOVIC

finalists, there will be a limit of three gymnasts from any one country and in the final, of the six on each event, only two gymnasts from any one country will be allowed. Every country opposed such reasoning. Russia was especially agitant saying "We never saw a man thrown off the field for scoring too many field goals, it is a silly rule, it could be at least 4 in Comp. 2 and 3 in Competition 3. This discussion was also referred to the General Assembly the following day.

11. Problems concerning apparatus — A new book is being written for Men & Women. It will be issued before the Olympic Games in good time. Unable to give specific details, some dimensions will be changed and others are still being discussed. The W. German delegate said that the Technical Committee should work closely with the International Standardization organization so that the specifications are listed so that all companies in the world could manufacture and sell the equipment. Mr. Ivanovic said this is being done.

12. Proposals made by federations — Australia proposed an ability level competition, having a World Games for the top countries or A Group and another World Games for weaker or B countries. He claimed that every country could then compete, it would be easier on judges. There followed much discussion and since the whole question of qualification had been put over for the General Assembly, this question should be taken in turn also. Finally Australia agreed to bring it up at the next congress.

All proposals concerning changes in the Code of Points were tabled and referred to the Technical Committee to consider when writing the new Code.

Egypt proposed the AFRICA CUP — Unanimous Agreement. Spain proposed the mats as used in Munich against the 20 cm mat adopted in Munich for the Horizontal Bar and Vaulting. After much discussion the 20cm mat is eliminated and 2 rectangles are adopted for the Horizontal Bar and Vaulting.

Hungary proposed 6 Permisage to use reserve gymnast when an injury occurs was discussed and rejected 19 to 9.

Yugoslavia a Floor Exercise with raise was rejected 19 to 10.

All other proposals were either referred to the Study Commission for the Code of Points or put over to the General Assembly the next day. A new Technical Regulation book has been completed covering Artistic Gymnastics Men & Women as well as Modern Gymnastics.

The meeting was adjourned after 9 hours with no lunch period.



SHIRLEY BRYAN

William Meade, Southern Illinois gymnastics coach and Mrs. Shirley Bryan, Chicago, have been elected chairman of the Olympic men's and women's gymnastics committees, according to an announcement by Philip D. Kruman, Kenosha, president of the United States Olympic Committee.

A vice president of the United States Gymnastics Federation and chairman of the gymnastics committee of the U.S. Collegiate Sports Council, Meade had previously served as manager of the 1968 Olympic gymnastics team. At Pennsylvania State University he regaled as a two-time Eastern Intercollegiate tumbling champion.

Shirley Bryant holds degrees from Southeast Missouri State College and Washington University of St. Louis. She is chairman of the women's committee of the USGF and is serving for the second time on the Olympic women's gymnastics committee.

Secretary of the men's gymnastics committee is Lt. Col. Karl K. Schwennhauser, USAF, gymnastics coach at the U.S. Air Force Academy. A native of Philadelphia and a graduate of Pennsylvania State University, Col. Schwennhauser was a member of the 1956 Olympic Team. In 1965 he made a clean sweep of the all-around titles in the Eastern Intercollegiate, NCAA and National AAU championships.

Eugene Wettstone, Penn State gymnastics coach, is vice chairman of the men's committee. Long identified with the sport in important administrative posts for the NCAA and AAU, Mr. Wettstone also was head coach of the Olympic teams in 1948 and 1952. His Midway Lion gymnasts have accounted for 16 Eastern Intercollegiate team titles, eight NCAA team championships and three National AAU team titles.

Mrs. Sharon K. Weiser, physical education coach and gymnastics coach at the Lakewood (Colo.) high school, was selected secretary for the women's committee. She is a graduate of Ohio State University and holds a license as an international gymnastics judge.

Mr. Ivanovic then asked if the delegates agreed with the Technical Committee, Portugal, Israel, W. Germany, Denmark, Great Britain, Russia and the U.S. spoke for an open competition with no qualifications. East Germany supported the fact that Bulgaria had technical problems and asked if there couldn't be a compromise, Israel said that the competition should not have been awarded to Bulgaria if they couldn't accommodate the Munich vote of an open competition. Mr. Ivanovic said that the World Games should show the cream of the athletes in all other sports do. We have other competitions they can go to. In years past weak gymnasts performed with high class gymnasts and the public laughed, do we want that, even the judges laughed. If the countries want to learn they can send coaches and come as spectators. What is better — to show World Class gymnasts before the television or poor gymnasts which would hurt the sport. We were good in Munich — should we allow poor performances now to hurt us and erode the Munich popularity, I have great respect for your opinion but in all other sports they present their best athletes, why should our sport be different. The question was held over until the General Assembly, to allow the delegate from Bulgaria to communicate with his Federation on the limit of 24 teams.

10 Program of the Olympic Games Montreal 1976. — There will only be 12 complete teams plus 4 groups composed of individuals from other countries. Competition 2 for the 36 All-Around

# PRESIDENT'S ANNUAL REPORT FOR 1972/73

Presented By President Gander at the 52nd Congress,  
In Rotterdam, November 13, 1973

The Olympic Games are always followed by a period of "assemblage" and meditation among the national and international federations. This was the atmosphere prevailing at the first meeting held by the newly elected FIG authorities at the end of January. Actually, this new term of office commenced with a meeting of the two technical committees at the end of January and that of the Executive Committee at the beginning of February. The technical committees met under the chairmanship of their new presidents. The numerous problems raised have obliged all our leading authorities to meet anew in a joint session that took place at Stuttgart on the occasion of the West German gymnastics festival. It must be added that a presidential session comprising the President, the Secretary-General and the two Presidents of the Technical Committees met to study the irrevocable modifications made in the gymnastics programme for the Olympic Games in Montreal, imposed by the IOC. These measures are taken within the framework of the co-ordinating of gentlemen.

On 1st May 1973, we were finally able to open our permanent General Secretariat at Lyon, in Switzerland; this is both large and well laid out. Endowed with practical and functional equipment, the General Secretariat is now in a position to facilitate our work and promote our diverse activities and, in a manner of speaking, it constitutes the "home" for which we have been waiting for such a long time.

On 20th April, we received news of the sudden death of our honorary President, Mr. Charles Thoren, of Geneva, at the age of 87. On the occasion of his funeral which took place on 1st May, the undersigned rendered homage to the deceased in his funeral oration, and disavowed upon the tremendous services rendered by Mr. Thoren to the cause of gymnastics in general and on his fruitful activity within the FIG in particular. In its own name and on behalf of all those who were close to Charles Thoren, the FIG would like to thank all the members of the authorities and federations who sent tokens of sympathy. We should also like to thank Mrs. Villanor for her presence as a representative of the French Federation and, at the same time, as a former and distinguished collaborator of



Arthur Gander, FIG President

the FIG for so many years. Mrs. Villanor, who worked in close co-operation with the deceased, wished to accompany him to his last resting place. Let us pay tribute to the memory of our Honorary President by standing and observing a minute of silence.

With the same sentiments of gratitude and recognition, we also pay tribute to the memory of Mr. Hans Veenit, Holland, who died unexpectedly in November 1972. For a number of years, Mr. Veenit served the FIG in the capacity of auditor.

The following birthdays were celebrated in the course of 1972: Dr. Miroslav Klinger, Czechoslovakia, reached the age of 80; Verno Lahtinen, Finland, celebrated his 75th birthday; Nicola Mirone, USSR, became 70; Klaus Thorenson was 65 and Michel Redovomirovic and Ivan Ivanov, Yugoslavia, President of the NTC, celebrated their 60th birthdays. These important milestones in life were celebrated in our Bulletin, but we should like to take this opportunity once more of congratulating all our colleagues and of tendering them yet again our very best wishes for the future.

Our special congratulations go to one of the oldest affiliated federations, the French Gymnastics Federation, which celebrated its centenary this year. Allow us, in an annex to this Report, to add a speech made by the undersigned on the occasion of the 50th European Championships at Grenoble.

## Manifestations and Comparisons

The administrative year commenced after the 51st Congress, with the 20th Olympic Games in Munich. These Games proved an extraordinary success for our Artistic Gymnastics from the point of view of performance, organisation and the number of spectators. If we add the enormous popularity involved in the retransmission by television all over the world, we can speak of an unparalleled propaganda campaign on behalf of our cause, and this is particularly satisfying for the FIG. Another satisfactory circumstance, from the point of view of finance, was the very considerable fee paid by the television as a result of the contractual agreements previously drawn up. This was made possible thanks to the clear improvement registered during the last few years in the spirit of co-operation between the community of the International sports federations (AQFI) and the International Olympic Committee (IOC).

A "Dress rehearsal", with all the organisational apparatus, was held a month before the opening of the Games. This proved extremely useful as it enabled us in a very short time to eliminate certain weak points and to guarantee full success. The "Test run" should be regularly held prior to future Olympic Games, but it should take place longer before the actual Games.

In spite of the heavy psycho-physical burden laid on both men and women competitors by the new programme, it must be admitted that the obligation of participating in the 3 competitions in order to reach the finals at the apparatus proved generally convincing. Even the relative failure in the finals at the various apparatus of a notorious "gymnastics country", cannot be allowed to make any difference, as it must be attributed to exaggerated danger.

We should like to take this opportunity of thanking all those who contributed to the organisation of this event, and to ask them to accept our sincere recognition of their tireless efforts which were crowned with such success. Thanks and recognition also go to all the competitors, the team leaders and the judges for their dignified behaviour and discipline. Finally, our gratitude goes to the Press, television and

radio which spared no efforts to support artistic gymnastics.

The 10th Men's European Championships took place on 12th and 13th May in Grenoble. Regarding the organization, the running and the technical aspect of this manifestation, our members should consult the Technical President's report published in FIG Bulletin No. 3/1973. For our part, we should like once more to congratulate the French Gymnastics Federation on the occasion of its Centenary and to offer all our good wishes for future prosperity, together with a souvenir from the FIG and, finally, to thank it for having made it itself available for the organization of this manifestation.

By means of a publicity tour in Brazil, the FIG undertook for the first time an expedition on its own account. Initiated by the athletic authorities and by the Gymnastics Federation of Brazil, with the conscientious and efficient assistance of our friend, Siegfried Fischer of Basel, the group undertook this trip between 14th and 26th May. Under the direction of the Secretary-General, Max Sangerter, assisted by 7 other members of the FIG authorities, the group—consisting of 30 of the best men and women gymnasts in the world—travelled the length and breadth of this vast country giving numerous demonstrations. The organization, the running and the actual performances were, from all points of view, most satisfactory and the entire expedition can be described as a signal success. This tour should now have paved the way for other, similar expeditions. We should like to thank most cordially all the gymnasts, the team leaders, the organizers and, above all, our friend Siegfried Fischer for having made this expedition possible and also for the role they played as ambassadors for our movement. May we express the hope that the Brazilian Federation will draw extensive profits from the quite extraordinary propaganda campaign that the tour represented. In effect, the innumerable spectators and the interest evoked by the authorities should constitute invaluable guarantees for the future development and affirmation of this sport. This would, indeed, represent the greatest success of the tour and would also afford the best compensation for the efforts made by all concerned on behalf of this memorable event.

The 8th Universiade at Moscow, held from 15th to 25th August, invited artistic gymnastics with a brilliance so far never seen, even among student circles.

The competitions took place between 16th and 19th August in the Palace des Sports, in the presence of 10,000 spectators. There were no less than 21 men's teams and 10 women's teams, 8 individual men and 3 individual women gymnasts, giving a total of 31 teams, 11 individual gymnasts, or 89 men and 43 women, i.e. 132 participants. Both the International University Sports Federation (FISU) and the organization adhered for the first time to our regulations with the 3 assorted competitions, with a single concession made with our agreement concerning the number of members of one team (4 instead of 6, with 3 seed results invited of 5). In spite of the fact that the students are not necessarily used to the disciplines and conditions of the FIG competitions, and the judges always met with certain difficulties, the organization and running of the gymnastics competition may be described as good and the performances given as very good. We believe that the FIG can be very satisfied with the progress and success among our university people, and we are most grateful to the Federation of the USSR for the excellent organization and administration of the competitions, as well as for the kind invitation addressed to the undersigned and his wife by the Sports Committee of the USSR.

Another kind invitation from the Federations of the USSR and Bulgaria to the tournaments of Riga and Varna, with representatives from different countries, afforded the writer the possibility of judging at first hand of the value of these manifestations. It must be said that the impression gained was excellent and we should like to stress the gratifying aspect of the good development in artistic gymnastics. Both the organization and the performance of an international standard were rewarded, generally speaking, by a very definite gain. We should in particular like to mention the excellent impression made by the mixed final competitions where both men and women, together, performed brilliantly at the various apparatus in a highly attractive demonstration. It might well be considered if an innovation such as this could not be introduced into our own manifestations.

Collaboration with the IOC and other international instances.

The annual meeting of the assembly general of the international sports federations took place from 22nd to 26th May at Oklahoma City, USA. The FIG was represented by its President and Mr.

Frank Bire. At least in part, the main heads of the work for the coming 26th Olympic Congress were laid down. The discussion concerned above all the problems of amateurism as they are defined in Art. 20 of the Olympic regulations, the question of combating doping by reducing the number of the participants, the official ceremonies and nationalisms, television fees and other demands being made with regard to the IOC. The word of the Assembly was distressingly perturbed by reactions and changes of locality, and the hoped-for benefit was not derived.

An initial contact between the organizing committee of the 22nd Olympic Games in Montreal and the President of the FIG, at the invitation of the IOC, is to take place from 19th-21st July. We have been positively impressed by the initial preparatory work done. An appropriate report will be submitted to you on the occasion of the meeting of the Assembly General.

The discussions with the IOC, i.e. with its commission dealing with the future Olympic programme, proved rather animated. This commission has the task of seeking the possibility of reducing the number of both sports disciplines and athletes, within the framework of the combatting of doping which is making itself increasingly felt, albeit without detracting from the tradition of the Games. In its letter of 20.9.1972, the IOC informed us that our request for recognition of modern rhythmic gymnastics as an Olympic discipline, presented on the occasion of the meeting in Munich, has been refused, in spite of the support given it by the programme commission of the IOC. During a discussion in Lausanne on 10.10.72, involving Dr. Casadei, president of the programme commission, Arthur Takacs, technical director of the IOC and myself, it was simply confirmed that the refusal was justified by arguing that the FIG was already represented by a women's discipline at the Games. This alleged justification is difficult to argue against in view of all the restrictions envisaged. We shall, however, pursue our efforts towards gaining recognition of this discipline, but — as was decided at the Congress at Ljubljana — we shall wait for an opportune moment.

A certain reduction in our numbers on the occasion of the gymnastic competitions was also discussed. The conversations between the same persons continued on 3rd and 4th February 1973 and, finally, on 8th and 10th April 1973.

in Budapest, with Dr. Csencsik and in the presence of Mrs. Nagy. An interpretation of the programme, in keeping with the general decisions of the IOC made in 1972, was discussed, such points as reduction of the teams, a better proportioned right to participate in the finals according to country, as well as the possibilities of applying the decisions to gymnastics. Taking into account its character and its basic conceptions, were also discussed. Finally, the presidential commission submitted to Dr. Csencsik for transmission to the IOC a proposal tending to conform with the demands made by the IOC, but setting forth our supplementary demands with the reservation that his proposal be approved by the FIG authorities and the Assembly General. No concessions will be made unless the other federations also make some. This formal proposal lies, in the meantime, awaited the federations or will be distributed here. We should also like to add that all the discussions with Dr. Csencsik were distinguished by a considerable degree of understanding and even if each party defended its own point of view with firmness, the discussions took place in a spirit of goodwill.

**The 7th Olympic Congress in Verano**, from 30th September to 4th October, when the FIG was represented by its President, its first Vice-President and its Secretary-General, afforded the IOC — after an interruption of 43 years — the chance of contact with the international sports federations and the national Olympic committees. The three parties responsible were able to reconsider the question of Olympism and the Games which, in our opinion, is an absolute necessity in this area of turbulence. And even if this first vast congress — after an interruption of 43 years — succeeded in raising some doubts regarding its structure and failed to produce the results expected, the fact nevertheless remains that the Experiment was worth trying with a view to enabling us to be more concrete and efficient next time. There is no doubt that the meetings, personal contacts, the numerous lectures and interventions were all positive contributions. The conclusions drawn by the tripartite commission consisting of representatives of the IOC, the IFs and the NOCs which were adopted without modification will inform you better than anything I might say here.

The FIG medical commission has already accumulated numerous problems before it has even barely got off the ground. We are grateful to the

Federal Republic for their efforts regarding regulations which will have to be discussed at the meeting of the Assembly General in Rotterdam.

#### **Legal Problems and Conclusions**

The first Symposium for Men Judges took place in Madrid between 11th and 16th September with 49 participants from 26 federations, 7 members of the IOC and 2 of the Executive Committee. It was a great success. Four lectures given by the FIG and the Federations of Japan, USSR and Cuba, together with the 44 contributions from other participants, allowed of the revisiting of all the matters concerning the awarding of points, as well as the existing prescriptions, and also of discussing at least part of the positive and negative aspects. This "material" should constitute a solid work basis for drawing up new prescriptions concerning the awarding of points envisaged for July 1975. Our thanks and recognition go, above all, to the Spanish Federation which, yet again, distinguished itself in assuring an enormous success thanks to excellent organization, our thanks also go to the technicians present for their efforts and the contribution made to the success of this Symposium.

I now have the agreeable task of expressing my thanks and appreciation to all the affiliated federations that have worked so actively to further the release of the FIG. We should like to encourage the other federations to be as active as these others and, with the means available, to promote healthy collaboration.

My thanks also go to the members of the Executive Committee, the Technical Committee and the Commission for Modern Rhythmic Gymnastics for their excellent collaboration in the interests of our common cause. To these I add my thanks to all those who have helped this year with the work of the various commissions.

A special thank you goes to Max Gilberte Baugenter for their exemplary planning of our practical and functional new General Secretariate. Moreover, we are most deeply indebted to them for the vast amount of administrative work they have done and also for their accurate and conscientious management of our finances. These finances, thanks to our unremitting efforts, are favourable enough to allow us to call upon unrenounced external "forces" to help us master the ever-increasing volume of administrative work.

Finally, we have succeeded in ensuring the organization of the 8th Gymnastrada Thanks to the Gymnastics Federation of the German Federal Republic (DFG) and the Association of West Berlin, the manifestation is to take place in the first days of July 1975 in West Berlin. We believe that this international gymnastics festival — thanks to the place chosen — will unite numerous countries to participate, thus proving that the slogan of the Olympic Congress in Verano, "Sports and Gymnastics for a World of Peace", is not just a dead letter.

Chicago, 17th October 1973

*Arthur Gander, President of the FIG*





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**1973**

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**Minutes of the USGF Technical Committee for Men November 3, 1974 St. Louis, Mo.**

The meeting was called to order by Frank Carskney at 8:30 PM.

The roll was called by States and there were 29 Technical Chairmen present after the meeting started. It was agreed to hold this meeting at a time when there would be less conflict with other meetings. Mr. Carskney explained that Mr. Weissman was in charge of the whole State of Pennsylvania (since it was decided to eliminate the Phila. Met. area). Also Mr. Ronschman was in charge of the whole state of Illinois as Mr. Pond had moved to Utah.

The reports of the State Chairmen were accepted but not read, there are some annual reports outstanding. Mr. Eugene Weissman then gave his report on the Elite championships for Men held under the new format. It was an excellent competition. These USGF "Championships of the USA" will be conducted in the same manner in 1974, each region must hold trials either the weekend of April 26, 27 or May 3, 4, 1974. The reports will follow the NCAA boundaries for this competition, only The Championships will be held on May 10, 11, 1974.

Mr. Carskney then reported on the Foreign Tour.

The United States Gymnastics Federation had the busiest season in its history conducting tour of Foreign Teams: Hungary, Rumania, France, Russia, Japan and China sent teams to the United States. The map on the first page indicates the cities visited and some such as Los Angeles, Phila. and others as indicated had two or three teams. The teams began the tour in Mid-February and continued thru the beginning of June.

The USGF in addition to raising funds to promulgate our programs, seeks to promote enthusiasm for gymnastics in different parts of the country. In all cities that have seen these teams, excellent reports have been received from all sectors. I had the privilege of traveling part way with the Hungarians, and all the way with the Rumanians, Russians and the Chinese. In each case the Foreign Teams were well received, stayed at the best hotels, had fine food, saw many sights of the United States and went home singing the praises of the Americans. In every case our Federation received letters of thanks for a fine tour and in some instances friendships were

formed between our gymnasts and their. It is an extremely important function of the USGF.

The following is a listing of the itinerary of each team.

**HUNGARY**

Feb. 18-17 Chicago, Ill.  
Maine West High School

Feb. 19-20 Terre Haute, Ind.  
Indiana State University

Feb. 23-24 University Park, Pa.  
Penn State Univ.

Feb. 27 (Official Match)  
Philadelphia, Pa.  
Temple University

Mar. 3 New Haven, Conn.  
New Haven Coliseum

Feb. 25 E. Stroudsburg, Pa.  
E. Stroudsburg Teachers College

Feb. 21 Liverpool, N.Y.  
Liverpool High School

Feb. 21 Eugene, Oregon  
University of Oregon

Feb. 27-28 Berkeley, Cal.  
Univ. of Cal. at Berkeley

Mar. 2 Phoenix, Ar.  
Arizona State University

Mar. 3 Denver, Colo.  
Leikwood High School

Mar. 10 Houston, Tex.  
Astrodome

Mar. 12 Buffalo, N.Y.  
Buffalo Memorial Auditor.

Mar. 14 Los Angeles, Ca.  
L.A. Sports Arena

Mar. 17 Miami, Fla.  
Convention Hall

Mar. 19 Washington, D.C.  
Univ. of Maryland

Mar. 21 Philadelphia, Pa.  
Spectrum

Mar. 23 New York, N.Y.  
Madison Square Garden

Mar. 25 Chicago, Ill.  
Chicago Stadium

Apr. 21 Bethlehem, Pa.  
Bethlehem High School

Apr. 23 E. Brunswick, N.J.  
E. Brunswick High School

Apr. 24 Syracuse, N.Y.  
Syracuse School of Gym

Apr. 26-27 Durham, N.H.  
University of N. Hampshire

Mar. 23 Los Angeles, Ca.  
Cal. State U at L.A.

Mar. 24 Tucson, Ar.  
Pale Verde, H.S.

Mar. 26 Aurora, Colo.  
Aurora Central, H.S.

Mar. 27 Colorado Spgs, Colo.  
Colorado H.S.

Mar. 28 Cedar Rapids, Iowa  
Washington, H.S.

Mar. 31 Bloommoor, Ill.  
Homewood, H.S.

Mar. 23 Los Angeles, Ca.  
Cal. State U at L.A.

Mar. 24 Tucson, Ar.  
Pale Verde, H.S.

Mar. 26 Aurora, Colo.  
Aurora Central, H.S.

Mar. 27 Colorado Spgs, Colo.  
Colorado H.S.

Mar. 28 Cedar Rapids, Iowa  
Washington, H.S.

Mar. 31 Bloommoor, Ill.  
Homewood, H.S.

PEOPLES REPUBLIC OF CHINA  
May 21 New York, N.Y.  
Madison Square Garden

May 23 Philadelphia, Pa.  
Spectrum

May 25 Tucson, Ar.  
Community Center

May 31 Los Angeles, Ca.  
L.A. Sports Arena

June 4 Seattle, Wash.  
University of Washington

This visit by the Peoples Republic of China was perhaps the most interesting from our viewpoint: it was an open, off-again type of visit and very difficult to arrange since we had to work thru a 3rd party, the Committee for U.S. - China Relations. After much talk and time, the visit was arranged for June which we did not particularly care for and then suddenly the visit time became May. There was much scurrying around to arrange the visit. The Chinese let us know that they were basically interested in a sightseeing type of visit even though they wanted to stay 3 weeks. They also only preferred 3 appearances, and we later asked them for 5 which they agreed to do.

The above visits were in the main culturally a success. We did not know what to expect and found the Chinese to be very friendly and after a few meetings they were willing to accede to all our wishes. They learned American songs and sang them, such as "Home on the Range" and they learned while here "America" which they also presented in later performances. They also danced and gave very interesting exhibitions. At the Official Match in New York, they didn't even require a judge of their own in matches where their girls lost and their men won. Although Chinese food was provided throughout the trip, they are American food with natch and one of the brightest spots was watching 2 hundreds of Chinese eating buckets of "Kentucky Fried Chicken" until their stomachs hurt. All-in-all this was a fine tour and they asked us to visit China in 1974.

**JAPAN HIGH SCHOOL BOYS**

Mar. 17 San Jose, Ca.  
Piedmont Hills, H.S.

Mar. 19 Chico, Ca.  
Cal. State U at Chico

There was then much discussion on the problems in some states concerning competition of high school boys outside of their High School Program. Many present were having difficulty and many excellent suggestions were offered. The USGF Compulsories were recommended to be used in High Schools and throughout the United States and for the USGF Junior Olympic Program.

Hal Fry said that we should be involved in a National Program and National Age Group Program and Cusick asked Fry to submit his ideas. It was also decided that the National Technical Committee should select the Coach for the World Games in Varna in 1974 and it was also decided to encourage the College coaches to adopt the International program.

Fred Rothenberger suggested that each member write to Mr. Cusick concerning their proposals. Mr. Hughes suggested setting up the program to correspond to the Women's program and using the USGF Age Group Exercises for the USGF Junior Olympic Program.

All agreed that the meeting next year must be held at a better time and with more time allocated. Meeting was adjourned at 8:15 P.M.

## CHAIRMAN-NCAA RULES COMMITTEE



EO GAGNER

### TO: CHAIRMAN EDWARD GAGNER AND NCAA RULES COMMITTEE MEMBERS

FROM:

BILL MEADE, GYMNASTICS COACH SOUTHERN ILLINOIS UNIVERSITY

SUBJECT:

Item 9, on Mimeographed Sheet from Gymnastics Rules Committee Chairman, Ed Gagner, Dated April 16, 1973 and is listed below:

9. All optional sessions are to be judged on the basis of F.I.G. Competition No. 1 with the exception that two vaults will be required for the team and individual finals. Pages - (8-0)

NOTE:

Judging on a 10 point scale will bring final scores more in line with the intent and character of our NCAA Championship finals.

Dear Gentlemen:

I received a copy of the new rules just before leaving for Bulgaria and the pre-World Championships Invitational, and did not have time to comment on them at that time.

After returning from this meet and watching competition conducted under the F.I.G. rules with Competition No. 1 and Competition No. 3, I could not believe that we had reduced our own NCAA Championships to a competition where it was not important to encourage RISK and ORIGINALITY but just make it a nice little meet where any side horse man who had one "C" and five "B" moves could compete with an Ed Slank who had eight or nine "C" moves or with a Swanson from Navy who used the larger amount, 10 or 12.

After writing on the Rules Committee for years and fighting to have our rules follow the F.I.G. it is hard to understand why we are now turning away from the F.I.G. and International level of competition.

Are we once again to return to the point where we can be criticized for not promoting the International program? To me the greatest gymnastic championship in the United States is the NCAA meet. Why now are we not using all the instruments to measure the best gymnast or the best college or university team in the finals?

To reduce all optional sessions to competition No. 1 is to encourage mediocrity by "playing it safe". To those of you on the rules committee who are concerned with judging you are taking away an opportunity for our judges to judge at the different levels. Before when we used Competition No. 1 and No. 3, our judges would have two or three opportunities to judge this level of competition but now they do not have ONE opportunity in the college area of gymnastics.

In our colleges today we have men and teams who are capable of competing in competition No. 3 and they deserve the right to compete on that level to determine who is the best gymnast and which is the best team. We have the compulsories which tell us about competition No. 1 and VIRTUOSITY at a low level.

I would like to encourage you, the Rules Committee, to discuss this change at the Coaches Congress in St. Louis in November. A change of this magnitude should have discussion from the coaches and the gymnasts.

The above copy of the letter from Bill Meade to the NCAA Rules Committee Members is very interesting. Will the effect of the ruling cause a slowdown in the progress of Men's Gymnastics? Many reasons are advanced for the rate of progress of Men's Gymnastics being slower than some other countries, including specialist programs, lack of Compulsories except for major competitions, overabundance of Dual Matches, attraction of other sports, and the many entertaining duels in America. Will this rule effect our International Teams? Bill Meade makes some interesting observations which indicate that our program effort to raise the level of gymnasts will be dulled.

WHAT DO YOU THINK ? ? ? ? ?



A SPECIAL THANK YOU TO MR. RAY AHONE, RETIRED BOEING CORPORATION EMPLOYEE WHO SPENT SOME 180 HOURS MAKING THE U.S.G.F. SEAL IN WOOD. IT WAS PRESENTED TO THE USGF AT THE ST. LOUIS CONGRESS BY MR. AHONE'S SON KEITH. IT WILL BE USED FOR MANY YEARS TO COME AT BANQUETS, MEETINGS AND THE CONGRESS, IS BEAUTIFULLY MADE AND A TRIBUTE TO MR. AHONE'S SKILL AND INTEREST IN SPORTS.

ROTTERDAM  
VI WORLD'S  
MODERN RHYTHMIC GYMNASTICS  
CHAMPIONSHIPS  
November 15 - 18, 1973  
Mildred Pichal

The five member USGF delegation including two gymnasts, Sarah Bruneart, Katharine Bryn, Coach, Nora Veyette, official pianist, Dr. Don Morrison, and delegate, Mildred Pichal, arrived in Rotterdam on Sunday, November 11th, only buses and cars with permits were on streets due to gas shortage.

The first Modern Rhythmic Gymnastics meeting was held on Monday, November 12th in the de Oosten Concert Hall, a short distance from the Hilton Hotel where our delegation was housed. Mme. Andrusa Gotta, chairman of the FIG. Modern Rhythmic Gymnastics Committee greeted the assembly. 31 delegates and the FIG. Committee of seven were in attendance.

27 nations, 64 individuals and 18 alternates were registered for the VI World's Championships: West Germany, Austria, Belgium, Brazil, Bulgaria, Canada, Cuba, Denmark, Spain, Finland, France, Hungary, Italy, Israel, Japan, Mexico, Netherlands, Poland, East Germany, Sweden, Czechoslovakia, Russia, Yugoslavia, New Zealand, North Korea, United States, Roumania. 18 of these countries entered the group competition. 24 countries entered the individual competition. A few countries were represented by a delegate; these are not included in the above countries.

Proposals by various countries were discussed. Among them European Championships to be held every two years, i.e. during the year between the World's Championships. Discussion as to which countries constituted the "European countries" and the eligibility of Israel into the European group ensued.

Another proposal that Judges and Trainers Course be conducted on a continental basis arose. "The November 1972 Varna Judges and Trainers Course was cited as an example 63 representatives from 25 countries attended this course - a great number of people were refused participation. The reasons were that considerable space is necessary because of the use of hand apparatus and groups should not consist of more than 10 or 15 persons." In my opinion it would be well for these courses to be held on our continent for many reasons. The Judges and Trainers courses

would then be conducted on a continental level as is the case in artistic gymnastics.

The 1975 VII World's MGR. Championships are to be held in Spain. The events will consist of a 6-member group exercise with three jump rope and three balls, a compulsory individual exercise with clubs, including 4 compulsory elements selected from the 1973 Rotterdam exercise and 4 original elements, an individual exercise (optional) with ball, an individual optional exercise with ribbon and an individual optional exercise with hoop.

On November 12th, I attended the General Assembly meeting also in de Oosten.

On November 14th, all MGR. delegates were bused to the Shell Sport complex "De Wyl Sluizen" Vlaanderen gymnasiums. From 8:00 to 1:00 a well organized and intensive course for judges was conducted. An excellent and conscientious English translator assisted throughout the session. A number of alternates or reserves from various countries were on hand for demonstration purposes.

Mme. Gotta presented a very interesting and constructive lecture on theory, and summarized the qualities necessary for a good judge. The subject for this session was General Penalties, compulsory Club exercise which was to be judged the following day, and the optional hoop.

On November 15th, another very constructive session was held in Vlaanderen; the four compulsory elements for the ribbon exercise, optional ball exercise and the jump rope exercise for the group were analyzed, demonstrated, and judged. On this day at the close of the judges' session, judges and coaches met and received instructions as to their activities during the Championships.

The SPORTPALEIS AHOF where the World's Championships were held, is a beautiful arena of stadium seating 6,000 people on the outskirts of Rotterdam. Two floor exercise areas 12m x 12m were provided for the gymnasts, one with a rug covering and one without; long jury tables were on both the north and south sides, a piano was placed beside each of the floor areas. Gymnasts came up stairs from the dressing rooms at one end of the arena and entered the exercise area upon the appearance of a green light.

At 8:00 p.m., just before the program started, Princess Beatrix of the Netherlands arrived and was escorted to her seat, whereupon a band of over one



Morrison, Bruneart, Pichal, Bryn Veyette

hundred musicians played the hymn of her country and marched around the arena. A choral group sang a number of songs. Groups of costumed girls threw flowers into the bleachers while bouquets were presented to the Princess. Then the groups of the 27 participating nations, marched into the arena, the leader of each group carrying the flag of her country - I was happy to see the American flag, for the first time, in the World's Modern Rhythmic Gymnastics Championships. The Chairman of the Nederlands Gymnastiek Verbond presented Mr. Gander, President of the FIG. After Mr. Gander's address the countries marched off and the competition began.

From the beginning it was obvious that the Russian, Czechoslovakian, and Bulgarian teams were competing for top honors, but Italy, Korea, East Germany and others received high scores. The skilful handling of the rope, interesting changes of pattern, throwing of the rope and other intricate elements necessary for a winning competition, is many cases, were breathtaking. The two winning groups were Russia and Czechoslovakia and there was not much doubt that these teams would be contenders for first place in the finals to be held on the 18th.

November 16th, 8:00 p.m. - competitions with clubs and hoops. 32 gymnasts, (1st half of the group of 64) marched in single file upon the podium, judges following. Each gymnast and judge was introduced; they then retired and prepared for individual competition.

Gymnasts alternated, one with clubs, the next with hoop. The officially prescribed Indian Clubs are very difficult to purchase in our country — I was fortunate to find two pairs of clubs in one of our 800 gymnasts one and one-half years ago and later brought five pairs from Europe. Although this is "old" apparatus, the handling of clubs in MGR today is comparable to that of a professional "juggler" but unlike the static position of the specialist, the gymnast must execute high leaps, piroettes and difficult gymnastic elements while twirling or throwing the clubs.

The hoop, too, had many risky throws upward (14 ft. minimum) and it was here where we saw a very excellent Czechoslovak gymnast lose her opportunity to compete in the finals when her hoop broke into two pieces during her exercise.

November 17th, 5:00 p.m. — competition with ball and ribbon. It was during the ball exercise competition that the interpretation of the music was most noticeable. Here the skill of the pianist and his artistic rendition of the selected music influenced the evaluation of many of the more experienced gymnasts.

The ribbon is fairly new and very popular with the gymnasts. But it is necessary to keep it in constant motion without contacting the body or allowing it to entangle.

November 18th, 1:00 p.m. — The program included the finals for the 6 highest gymnasts, and the 6 highest groups, the distribution of the awards and the closing ceremonies.

The final group results were:

- |                   |       |
|-------------------|-------|
| 1. Russia         | 37.50 |
| 2. Czechoslovakia | 35.85 |
| 3. East Germany   | 36.60 |
| 4. Italy          | 35.40 |
| 5. Bulgaria       | 35.30 |
| 6. Korea R.D.P.   | 35.80 |

The final individual results:

A tie for 1st place:

- |                   |          |
|-------------------|----------|
| I. Shugurova      | Russia   |
| I. Gova           | Bulgaria |
| III. Krachinskova | Russia   |
| IV. Filipova      | Bulgaria |
| V. Potocka        | Hungary  |
| VI. Nobels        | Bulgaria |

The opportunity to see gymnasts of our country participate in this MGR World's Championship was another step forward in our efforts to bring this beautiful sport to the high level where, without doubt, it belongs.

Our gymnasts, Sarah Bryngart and Katherine Bryn, were a credit to the United States. As pioneers who had never

seen a World's Championship in Modern Rhythmic Gymnastics, their appearance and presentation of the exercises were well received. Sarah's scores of 8.00 for clubs, 8.00 for hoop, 7.55 for ball and 7.70 for ribbon, and Kathy's scores of 7.30 for clubs, 7.85 for hoop, 6.85 for ball and 7.80 for ribbon were more than satisfactory.

I was happy to meet many of our officials from the United States who had come to see the World's Championships and who were proud to see our representatives among the finest exponents of modern rhythmic gymnastics in the world.

The United States Gymnastics Federation deserves much credit and thanks for sponsoring this event. All of the efforts toward the realization of our progress is due, to a great extent, to the understanding and encouragement from our USGF officials.

## WOMEN'S NATIONAL GYMNASTICS JUDGING ASSOCIATION

Kitty Kjeldsen  
U.S.G.F. Director



Kitty Kjeldsen, member of the School of Physical Education, was appointed by the United States Gymnastics Federation to be the first Director of the newly created Women's National Gymnastics Judging Association. The Appointment was made at the USGF Congress of Coaches on November 3rd in St. Louis, Missouri, where Ms. Kjeldsen was presenting a research paper as the only women member of the Blomchurst Taskforce for the United States Gymnastics Federation.

Nationally known as a judge, coach and author in the U.S. Gymnastics scene, Ms. Kjeldsen initiated women's gymnastics at the University of Massachusetts by starting a women's team consisting of rank beginners in 1962. Within 5 years the team rose into national prominence by placing 8th in the first National Invitational Interscholastic championships held in St. Louis. Defeated in dual meets only by Springfield College, the team rose to 4th place ranking in the nation by 1969 and was a serious threat to the championship throne from there on.

In 1972, Ms. Kjeldsen resigned from coaching, devoting her time to judging, writing and traveling in the name of the USGF National Judges Training Committee. She is an internationally rated judge and author of several gymnastics books. At present Ms. Kjeldsen is lecturing in the Exercise Science Department at the University of Massachusetts.



# MINUTES FALL MEETING U.S. Olympic Gymnastics Committee for Men St. Louis, Missouri November 2, 1973

## I. CALL TO ORDER/OPENING REMARKS

A. The meeting was called to order by Lt. General Harry W. Buse, Jr., U.S.M.C. (Ret.), Chairman of the U.S. Olympic Games Preparation Committee, in the absence of a Gymnastics Committee chairman, at 3:00 p.m., November 2, 1973.

B. A roll call of membership was taken. Mr. Ed McNell was the only member absent (see attached listing).

C. Some points of information were explained by Lt. General Buse, to include:

1. Creation of Athletes Advisory Council.
2. Action taken by USOC (Board of Directors on Rule 20 - recommendations before IOC Congress - Bulgaria (Sept.).
3. Four year budget requests (Development Team Preparation Committee).
4. Committee sport patches for jackets.
5. Current Development Program.
6. Plans for team selection (General Rules, Part I - Rules for Sport Committees (a), Page 7 of USOC Constitution).
7. National Coach concept.

D. A review of the criteria, qualifications, and responsibilities of members and officers of the committee was accomplished by Lt. General Buse.

E. Lt. General Buse undertook temporary chairmanship in order to facilitate election of officers.

### F. Election of Chairman:

1. Nominated were Mr. Bill Meade, Mr. Bill Rortchheim, and Lt. Colonel Karl Schwendler.
2. Elected - Mr. Bill Meade.

## III. CHAIRMAN - Mr. Bill Meade

### A. Election of Secretary:

1. Nominated were Lt. Colonel Karl Schwendler, Mr. Gene Wettstone, and Mr. Hal Frey.
2. Elected - Lt. Colonel Karl Schwendler.

B. Chairman Meade suggested an election of a Vice Chairman (to serve in his absence).

1. Nominated were Mr. Gene Wettstone, Mr. Bill Rortchheim, and Mr. Hal Frey.
2. Elected - Mr. Gene Wettstone.

## III. OPEN DISCUSSION/NATIONAL COACH CONCEPT

Frey - pointed out the possible budgetary responsibility conflicts with the USOCG and USOF.

Buse - explained this concept is meant to be related only to the USOC/USOCG.

Frey - said logically it should be associated even more so to the USGF.

Greenfield - stated there must be coordination to a high degree between the USOCG and USGF if this concept is adopted.

Maloney - asked if this coach would be a full time paid employee (\$15,000.00 plus expenses).

Chairman - questioned if the money would be available considering all the other sports involved.

Buse - reminded all that in theory an Olympic coach is not allowed to be paid.

Greenfield - described situations involving other countries where this is done.

Wien - suggested we query the USOC on all funding aspects.

Shedden - reiterated the same.

Wettstone - suggested a need also for several assistant coaches.

Elder - described a need for technical committee coordination with the coach also.

Good - felt we should only concern ourselves with the elite gymnast level.

Shedden - questioned what other sports are doing with this concept.

Endsler - agreed with Wettstone's previous assistant coach statement.

Wilson - felt that over 80% of the athletes concerned were involved in college athletics.

Gegger - proposed the money should go to the athletes in the form of a scholarship after graduation rather than to a coach.

Wilson - stated some money should be used for competitions for these athletes.



Bill Meade



Gene Wettstone



Lt. Colonel Karl K. Schwendler

**Wettstone** — agreed the money should go to the athletes.

**Buse** — pointed out the smaller sports tend to be more interested in this concept than the larger ones.

**Coco** — said the women's area have decided on a director/coach concept rather than a coach, but that their area is easier than ours at present since it is less complex referring to all around only and relatively fewer school conflicts.

**Beckner** — reminded us of those athletes not currently in school.

**Frey** — suggested the NCAA give their post graduate scholarships to possible olympians rather than the current system (academic). He also suggested NCAA gymnastics move to all around only/international rules.

**Grassfield** — brought out the independent club movement and a need for lower level/group program development.

**Rowlands** — proposed a subcommittee to study the national leader concept.

**Wettstone** — seconded this proposal.  
**Buse** — reminded us of a 1 December deadline. He stated since this was a short session, the USOC would understand any lack of completeness.

**Gagner** — proposed a \$20,000.00 request to the USOC to be used for athletic post graduate scholarships.

**Elder** — second this proposal.

**Beckner** — questioned the proposal's feasibility.

**Maloney** — underscored the fact we were only to decide on the national coach concept at this time.

**Elder** — stated he was against delay and, for instance, subcommittee action at this time.

**Meade** — called for a vote on the post graduate scholarship and national leader subcommittee questions.

**Wiken** — suggested we vote only on the national coach concept.

**Grassfield** — restated the national coach concept is too complex and suggested delaying the decision.

**Elder** — pressed again on the need for action.

**Coco** — voiced his opposition to the post graduate athlete proposal pointing out his belief the USOC would not find it acceptable.

**Rosenbaum** — submitted this proposal had merit for extending the athlete longevity of an individual.

**Treanmer** — suggested the athletes should receive the money directly without this such as scholarships to schools.

**Coco** — repeated these sentiments stressing funds for competitions.

**Schwartzfear** — stated we should vote on the national coach concept first. Possibly this person could serve to solve other problems such as fund raising for athlete support, etc.

**Meade** — suggested also this person could be possibly held responsible to meet all needs surrounding the development of a national team.

**Gagner** — agreed with this thought, too.

**Wettstone** — suggested a subcommittee on the area of financial matters.

**Lark** — requested we address ourselves to the national coach concept question.

**Elder** — withdrew his second of Gagner's proposal.

**Shanken** — proposed we move to accept a national coach concept with program modifications to be formulated by a subcommittee composed of the executive officers and Mr. Ed Gagner, and subject to submission to and approval of the USOC.

**Schwartzfear** — seconded this motion.

**Meade** — called for the question and it obtained a unanimous vote for approval.

#### IV. OPEN DISCUSSION/OLYMPIC GYMNASTICS DEVELOPMENT

**Meade** — suggested we appoint a subcommittee on olympic development for 1974 through 1976. He covered possible competitions in the near future which should be considered developmentally and therefore eligible for USOC fund grants. There were discussed along with their individual funding requirements and were found to total \$23,500.00. He appointed a subcommittee to include Mr. John Beckner, Mr. Courtney Shanken, Mr. Hal Frey, Mr. Tom Maloney, and himself.

**Buse** — reminded us the USOC Development Committee was to meet on the subject matter on 18 November.  
**Shanken** — brought up the question of this Committee's relationship to the Junior Olympic Program.

**Maloney** — reported there is currently a legal question to be ultimately decided in the courts regarding the USOP's request to resign the Junior Olympic Gymnastics Program (junior) with the current governing body (USOP vs AAU).

**Shanken** — stated this committee (USOGC) should concern itself more than in the past with the "grass roots" levels.

**Grassfield** — reported the women's area is requesting funding for a Junior National Girls team.

**Beckner** — submitted his knowledge of USSR financial support of junior and "back up" type teams.

**Meade** — stated high school gymnasts are already a factor to be considered at the elite level of our sport.

**Beckner** — suggested we request \$6,000.00 for junior team development.

**Shanken** — suggested direct support to the Junior Olympics by this committee.

**Meade** — said this all would be submitted to the subcommittee on development for study.

**Frey** — suggested the need for a National Junior Program Director in view of the sport's growing independent club situation.

**Lark** — reviewed the complexities of the high school age group period at this time with emphasis on the many conflicting rules/regulations.

**Coco** — stated the girls' program had fewer problems in this respect.

**Meade** — ended this discussion.

#### V. ANNOUNCEMENT/OLYMPICS TRIAL TRIALS BID

**Coco** — presented a request from the Philadelphia Biennial Committee to host the first Olympics Gymnastics Trials in 1976.

#### VI. MEETING — SITE, DATE, TIME

**Wettstone** — suggested the 1974 NCAA Championships at Penn State.

**Elder** — a mailing instead of a meeting.

**Meade** — suggested the meeting could be cancelled if considered not important enough and proposed the NCAA site with specific time to be determined later.

**Wettstone** — seconded this proposal.

**Meade** — called for the question and it received unanimous approval.

#### VII. ADJOURNMENT

**Frey** — motioned we adjourn.

**Shanken** — seconded the motion.

**Meade** — called for the question and it received unanimous approval at 8:00 a.m.

Submitted by:  
Karl K. Schwartzfear,  
Lt. Colonel, USAF  
Secretary, USOGC



**NATIONAL GYMNASTICS JUDGES ASSOCIATION  
EXECUTIVE BOARD MEETING  
November 4, 1973  
St. Louis — Marriott Hotel, St. Louis, Missouri**

Meeting called to order at 8:00 p.m.

Roll call was taken by Jerry Todd, Secretary. Present were Frank Currenkey, Ted Muzyczko, Bob Stout, Bob Fisher, Ken Allen, Jon Culbertson, Jerry Wright from the Board, and Les Savary from the Technical Committee. Bill Roethlisman and Jim Sullivan were not present.

The minutes of April 8, 1973 were presented by Secretary, Jerry Todd. Accepted as correct. Treasurers report was submitted: present balance \$402.48. This is without the 1973-74 membership dues, which are due every year at the U.S.G.F. Congress. Report accepted as written.

Jerry Todd introduced the newly elected Board Members for 1973-75:

Bob Stout — Director, East

Ken Allen — Director, Mid East

Bob Fisher — Director, Mid West

Jerry Todd — Director, West

Jon Culbertson — Director at Large

Ted Muzyczko — Director at Large

Election procedures were discussed.

According to N.G.J.A. Constitution only the newly elected Board Members are eligible to vote for officers. Muzyczko reminded everyone that only a previous Board Member or a Technical Committee Member shall be eligible for consideration. A list of eligible candidates was prepared which was as follows:

Todd, Sullivan, Wright, Onghy, Savary from the West, Fisher from the Mid West, Muzyczko, Roethlisman from the Mid East, Stout, and Culbertson from the East.

**ELECTION:**

Frank Currenkey took nominations for Executive Director.

Ted Muzyczko was nominated by Ken Allen — Jerry Todd was nominated by Les Savary — Executive Director, Ted Muzyczko.

**Nominations for Technical Director**

Bob Stout was nominated by Ted Muzyczko — Jon Culbertson was nominated by Bob Fisher — Technical Director, Jon Culbertson.

**Nominations for Secretary**

Bob Fisher was nominated by Bob Stout — Bob Stout was nominated by Ted Muzyczko — Jerry Todd was nominated by Les Savary — Les Savary was nominated by Bob Fisher — Secretary, Les Savary.

**Nominations for Treasurer**

Bob Stout was nominated by Ted Muzyczko — Jerry Todd was nominated by Les Savary — Treasurer, Bob Stout.

Discussed the possibility of enlarging the N.G.J.A. Technical Committee since most of the work is done at the technical level. The committee voted unanimously to raise the members of the Technical Committee to eight. With this thought in mind Culbertson called for nomination for the New Technical Committee. Ken Allen made the motion to accept the nominees, seconded by Stout. Passed 7-0. Technical Committee 1973-75:

Jon Culbertson — Technical Director;  
Les Savary — Technical Director, West;  
Bob Fisher — Technical Director,  
Mid West; Bill Roethlisman — Technical  
Director, Mid East; Bob Stout —  
Technical Director, East; Don Nelson —  
Technical Director at Large; Fred  
Orlinsky — Technical Director at Large;  
Martin Hudakow — Technical Director at  
Large.

Ted Muzyczko thanked Frank Currenkey for his contributions as Executive Director and a spiritual leader for the past 4 years. (Frank was also a "founding father" of the N.G.J.A.) Frank stepped down with the following thought: 1. Must progress further, 2. Improve communication by answering letter in ten days, 3. Take leadership, let the world follow us.

Muzyczko asked for suggestions for the general meeting:

1. Discuss and finalize the patch for N.G.J.A.
2. Creation of a National Newsletter for N.G.J.A.
3. Order clipboard for judges with N.G.J.A. insignia.
4. Film for side horse skills.
5. Orleans Hall of Fame award for N.G.J.A.

The meeting was adjourned by Executive Director, Ted Muzyczko at 7:45 p.m.



**National Gymnastics Judges Association  
General Meeting  
November 3, 1973  
U.S.G.F. Congress Marriott Hotel,  
St. Louis**

Meeting called to order by Executive Director Ted Muzyczko at 8:15 p.m. He welcomed members present and introduced the new Board of Directors and Technical Committee for 1973-75.

**Board of Directors**

Ted Muzyczko

Executive Director

Jon Culbertson

Technical Director

Les Savary

Secretary

Bob Stout

Treasurer

Regional Director East

Ken Allen

Regional Director Mid East

Bob Fisher

Regional Director Mid West

Jerry Todd

Regional Director West

**Technical Committee**

Jon Culbertson

Technical Director

Bob Stout

Technical Chairman East

Bill Roethlisman

Technical Chairman Mid East

Bob Fisher

Technical Chairman Mid West

Les Savary

Technical Chairman West

Martin Hudakow

Technical Chairman at large

Don Nelson

Technical Chairman at large

Fred Orlinsky

Technical Chairman at large

Roll call showed that all officers were present with the exception of Martin Hudakow.

Jerry Todd the outgoing Secretary read the minutes of April 8, 1973 held at Eugene, Oregon at the N.C.A.A. Finals.

Jerry Wright the outgoing Treasurer gave his report about the financial status of N.G.J.A. Balance 402.28 with all membership dues still outstanding for 1973-74. They're always due at the U.S.G.F. Congress. They should be forwarded to the new Treasurer — Bob Stout within 10 days!

Muzyczko spoke on patches for N.G.J.A. They will be ordered immediately following the Congress and be made available for each association. Please order from Ted.

National Gymnastic Judges Association

November 4, 1973  
St. Louis — Marriott Hotel  
St. Louis, Missouri

Muzyczko reminded everyone that for championship meets a dark blue jacket, gray slacks, shirt and tie will be required for 1973-74. Bob Stout will inquire about a reasonable price and availability and will inform everyone concerned.

Culbertson will look into getting instructional cassettes.

Todd will be in charge of purchasing clipboards or folders for judges with N.G.J.A. insignia for the most reasonable price. Muzyczko requested that all presidents should provide Sewery with a current list of National and Regional Judges Deadline January 1, 1974.

Culbertson described the responsibilities of a Technical Chairman within each area.

Muzyczko brought up the fact that Ken Allen is going to edit the N.G.J.A. newsletter approximately 4 times annually. Everyone should send worthwhile articles to Ken.

Muzyczko announced the recipients for the Frank Carrisley Hall of Fame Award for 1973. Winners: Fred Meyer and Jerry Todd. Congratulations. Nominations for the award should be sent to the Regional Directors with a comprehensive dossier on the individual then they should be submitted to Sewery one month prior to N.C.A.A. Finals.

Jerry Wright, N.C.A.A. Rules Committee Western Region called for small rule changes in N.G.J.A. constitution to follow N.C.A.A. regions in order to make the selection of judges according to areas for N.C.A.A. Finals.

Ed Gagnier complimented the N.G.J.A. for the great job. He called everyone's attention on 1973-74 N.C.A.A. rule changes for officials. (See N.C.A.A. Rule Book 1973-74). Asked for recommendations how should the judges be selected for N.C.A.A. Finals.

Muzyczko pointed out that N.G.J.A. should and will work very closely with the Biomechanical Task Force.

Frank Carrisley gave his report on the First International Judges Symposium, Madrid, Spain, September 11, 1973. Frank spoke at the Symposium representing the United States on charges we would like taking place at F.I.G. level.

**NATIONAL GYMNASTICS  
JUDGES ASSOCIATION**

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# THE BIOMECHANICS OF VAULTING

(A paper presented to the U.S. Gymnastics Federation Coaches' Congress, St. Louis, Mo., November 1973)

By Dr. James Hay

## Introduction

Unlike most of the other speakers on this program, I cannot lay claim to having an extensive background in gymnastics either as a performer or as a coach. I'm therefore very ill-equipped to tell you how to coach gymnastics, and I will not attempt to do so. Instead, I'd like to try and interest you in the possibility that biomechanics could be helpful to you in your coaching—and, specifically, in your coaching of vaulting.

Vaulting can be subdivided into seven phases: (1) run-up, (2) hurdle, (3) take-off, (4) pre-flight, (5) support, (6) flight, and (7) landing. It is my intention to touch upon each of these phases briefly and to try and acquaint you with some aspects of vaulting which you may not have considered previously.

## Run-up

The purpose of the run-up is to bring the vaulter to the take-off with the maximum speed which he can control in his subsequent movements. Of these two—speed and control—it is generally the first which is the limiting factor for a vaulter. Few, it seems, can generate more speed than they can handle. Or, to put it another way, most vaulters could handle more speed if they could only generate it. All of which brings us to the question: "How can a vaulter increase the speed with which he arrives at the board?"

There are, obviously, all kinds of suggestions that might be made in response to that question. Let me make just three:

1. The vaulter should use the maximum run-up length possible for him. Research has shown that a runner needs 22 yards in order to reach 95% of his maximum running speed.\* This distance—and, remember this is a distance which permits the vaulter to obtain just 95% of his top speed—is slightly longer than the maximum distance permitted under F.I.G. rules. Under such circumstances it seems only logical that vaulters should endeavour to use as much distance as the rules permit.

2. The vaulter should increase his run-up gradually to ensure his approach speed is not impaired by his having to adjust his stride to fit the take off correctly.

3. The vaulter should learn how to run efficiently. Speed in running is the product of stride length and stride frequency (or rate of striding). For example, a distance runner who has a 9' stride and takes 3 strides per second runs at a speed of 18 fps.

$$\begin{aligned}\text{Speed} &= \text{Stride length} \times \text{Stride frequency} \\ &= 9 \text{ ft} \times 3 \text{ per second} \\ &= 18 \text{ ft per second}\end{aligned}$$

Now, track runners (and, especially, sprinters) long ago learned that they could increase their running speed by careful attention to their running form—something which appears to have completely escaped the attention of vaulters. A simple comparison of the running action of an experienced sprinter with that of the world's best male vaulters reveals the following glaring errors in the latter's form:

(a) Incomplete extension of the hip, knee and ankle joints of the driving leg. This incomplete drive (usually accompanied by a restricted lifting of the knee of the recovery leg) results in a reduction in the stride length of the vaulter.

(b) Improper carriage of the arms. Straight (or near-straight) arms cannot be moved as fast as arms that are well bent. The use of this kind of action, therefore, necessarily reduces the vaulter's stride frequency. In addition, the arms are unable to adequately balance the leg action and an exaggerated shoulder roll is introduced to compensate.

(c) A "bleeding" action at touchdown. This action, characterised by a landing with the feet slightly forward of the knee and first contact on (or near) the heel, reduces both the stride length and the stride frequency.

## Hurdle

The hurdle step serves as a transition from the run-up to the take off and as such its main function is to position the body appropriately for the landing on the board with a maximum loss in horizontal velocity. Since it is well known that in any running jump the increase in vertical velocity necessary to gain height are inevitably accompanied by decreases in horizontal velocity, the vaulter's need to

maintain his forward velocity necessarily implies that the hurdle step should be low—fast and low.

## Take-off

The take-off is without question the most important phase of a vault. It is here that (1) the form of the parabola followed by the vaulter's center of gravity during the air flight and (2) the angular momentum (the quantity of angular motion) he will have during the pre-flight, are fixed.

In all this, the most important factor is probably the vertical velocity (or "lift") that the vaulter gets from the board. Now, the vertical velocity with which the vaulter leaves the board is governed by (1) the vertical velocity of his center of gravity at the instant he makes contact with the board and (2) the change in vertical velocity of his center of gravity brought about during the take off.

Let's consider each of these in turn. The gymnast's vertical velocity as he touches down on the board depends on the nature of his hurdle step. If this has been high and long he will have a considerable downward vertical velocity at touchdown and, as a direct consequence, much of the vertical force exerted during the take-off will be wasted in arresting his downward motion. This loss, or wastage, of vertical forces necessarily results in less vertical velocity at take off. On the other hand, if the hurdle step is short, low and fast, the vaulter can land on the board with little, if any, downward vertical velocity. All the vertical forces exerted can then be used to generate the much needed lift.

Now, the "outthrusting" flexion of the vaulter's hip, knee and ankle joints as he lands on the board might at first glance seem to produce a downward vertical velocity regardless of how he executes the hurdle step. This is not necessarily the case, for at the same time as his legs bend to cushion the shock of the landing and to position themselves for the explosive extension (mentioned later), his body is rotating forward and upward about a . . . feet which are firmly "anchored" on the board. And, provided the leg flexion is not excessive, the center of gravity remains forward and upward throughout. We'll have one good reason for keeping leg

flexion (and by this I mean flexion of the hip, knee and ankle joints) to a minimum during the take-off.

This brings me to the next factor—the change in vertical velocity during the take-off—under another reason for minimizing leg flexion during the take-off. The change in a vaulter's vertical velocity during the take-off is governed by the magnitude of the vertical forces which he exerts and by the time for which they act. Or, in other words, by a quantity known as the vertical impulse (vertical force  $\times$  time). On the basis of this, it would seem logical to suggest that a vaulter seeking to improve his lift from the board should strive to increase both the magnitude of the vertical forces which he exerts and the length of time for which they act. Perhaps surprisingly, this is not the case, for it has been shown repeatedly in jumping activities that the shorter the time of take-off, the greater the vertical velocity at take-off.

How can this be? Assuming no differences in the vertical velocity at touchdowns, this could only occur if somehow the magnitude of the vertical forces exerted were to increase as the time of take-off decreased—and at a greater rate than the time decreased. Although there has been only very limited discussion of the point relative to jumping, it is known that a muscle or group of muscles will give their most forceful contraction if they are stimulated almost immediately after being stretched. Thus, it might be argued, that if the extensor muscles of the legs are stretched during the landing on the board and then immediately stimulated, the resulting extension will be much more forceful than if the stimulus is delayed. Whether or not this explanation is entirely valid, two things are clear—(1) a maximal flexion of the legs on landing followed by an immediate extension results in a short take-off time and (2) a short take-off time yields more vertical velocity at take off than a longer one.

#### Pre-flight

With both the trajectory of the vaulter's center of gravity and the magnitude of his angular momentum fixed by his exertions at take-off there is little that the vaulter can do during the pre-flight to alter the outcome of the vault.

#### Support

The support phase is very like the take-off phase in that it is here that the vaulter must exert the forces necessary to give him the desired trajectory and angular momentum in the next airborne phase. And, although this time it is the

arms that are involved instead of the legs, the principles are the same. For example, to obtain maximum lift the vaulter should endeavor to touchdown on the horse at, or just before the peak of the pre-flight phase—to make the vertical velocity at touchdown as favorable as possible, he should "give" a little on landing, in order to cushion the impact, and he should drive up off the horse as soon after touchdown as he can—in order to maximize the vertical forces exerted.

#### Flight

This phase, which involves performing the more obviously demanding and spectacular part of the vault and then preparing to land, is one about which the facts are frequently obscured by fantasy. In the first place, what is laid down by the F.I.G. as the ideal form is rarely, if ever, approached. Much of it is, in fact, physically impossible—actually in defiance of established physical laws. Secondly, movements which differ significantly from the ideal are rewarded by judges as if they deviated only minimally from that ideal.

Consider, the example, the ideal for the Yamahita vault as depicted in the F.I.G. Code of Points. The form shown not only differs considerably from that used by the men for whom the vault is named (i.e., Yamahita himself passed through an erect handstand position during the support phase) and from that used by the world's top vaulters but is in fact physically impossible for well-nigh all on at least two counts.

(1) The angular momentum necessary to get the body from position 4 to position 5 is virtually zero while that needed to get it from position 5 to position 6—especially in such a brief interval of time—is quite substantial. Such variation, it should be noted, is in defiance of Newton's 1st Law which says [in part] that the angular momentum of an airborne body is constant.

(2) The impact which the vaulter's center of gravity is lifted following the take off from the hands is approximately the same as that by which a world-class high jumper would elevate his center of gravity to clear a bar set around 7 feet!

All of which raises some more or less serious questions concerning the purpose and value of the F.I.G. specifications of the ideal form. Now, you may want to dismiss such questions by saying that the F.I.G. figures are only intended to give a general idea of how a vault is to be performed and really no one takes them all that seriously. If this is indeed the case, I would probably go along with you—but only so far. I would stop short at the point where a vault included in the

F.I.G. Code of Points was not only impossible to perform but potentially dangerous to attempt—and there is at least one such vault.

The vault I refer to is the back-forward somersault performed from either the neck or the group. To perform this vault as depicted by the F.I.G.—or, indeed, to perform it at all—is utterly impossible, for it requires a vaulter to leave the horse with his body rotating backwards as in a normal hitch and then to tuck and execute a forward somersault during the flight. Now, it doesn't take much experience or background knowledge to recognize that this is quite impossible. Moreover, it doesn't take much imagination to realize that any vaulter who attempted such a feat would be exposing himself to the possibility of serious injury.

I would suggest therefore that the very least you should do is approach the contents of the F.I.G. Code of Points with considerable caution—there are portions of that document which might qualify it as a work of fiction.

#### Landing

The purpose of the landing is to reduce the vaulter's linear and angular motions to zero on first contact with the landing mat (i.e., without using additional steps). While this is a relatively simple task from a mechanical standpoint, in practice it is often very difficult. This is primarily due to the fact that the nature of the landing is inevitably effected by all that has gone before it. Thus apparently minor deviations from the desired form in the early phases of the vault can effectively "add up" to produce major problems in the landing.

#### Conclusion

In conclusion, it is my belief that researchers and coaches have much to learn from each other. Researchers often work very hard on studies that are no earthly use simply because they have not been able to interact with coaches and get acquainted with the real problems. Coaches often use methods which have been shown to be inferior simply because they have not been able to interact with researchers and get acquainted with what research has found to date. Both groups blame the other for this state of affairs. Worse yet, neither group has made as strong an effort as it should to remedy the situation.

I would therefore congratulate your organization for taking the initiative and organizing this seminar, and I would urge you to continue working in this direction for the ultimate benefit of gymnastics.

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